



Parenting with Love and Limits®

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WOUND THERAPY: COACHING PROCESS SESSION OUTLINE

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Phase I-Setting the Terms of Therapy (first coaching session or possibly first two)

- Rough Draft of Stress Chart Created On a Flip Chart
- Rough Draft of Seed Tree Diagram
- Seed and Symptom Selections by Clients
- Selection by Family of Easiest Symptom to Pick and Most Important
- Each Family Member Selects Their Top Seed and Symptom Picks
- PLL Coach Selects Their Top Pick
- Family and Coach Decide On Who In the Village Should Be Included

Pre-Session Preparation Between Phases I and II (only PLL Coach and occurs in-between sessions)

- Determine the Top 3 Unhealthy Undercurrents
- Constructing Feedback Loop Cheat Sheet
- Choose Strategic Interventions to Inject Healthy Undercurrents
- Powerpoint Stress Chart –laminated to give to the family
- Seed Tree Diagram- laminate to give to family
- Ideal Contract Template of Problem Symptom- Top Secret
- Personally contact and invite missing villagers

Phase II-Feedback Loops and Drafting the First Contract (usually coaching #2 but can extended into 2 sessions)

- Review Central Concepts From Phase I- (stress chart, seed tree, and the seed and picks agreed upon)
- Powerpoint or Draw Out Feedback Loops Around the Symptom Selected
- Clearly Identify Symptoms Connected to Which Seed And Why it Was Decided to Address One Over the Other First and Then Second
- Split out teen and develop rough draft of contract following the ideal template usually with just the adults present unless teen is *extremely cooperative*.

Pre-Session Preparation Between Phases II and III

- Type out Rough Draft of Contract
- Powerpoint and Laminate (if possible) the Feedback Loops to Give to Family at Beginning of Next Session
- As PLL Coach Types Out the Contract, Identify and Highlight Key Troubleshooting Areas Or Loopholes

Phase III- Troubleshooting and Dress Rehearsals (usually takes two sessions to do well – often coaching #3 and coaching #4)

Parents Only

- Pass Out Typed Contract
- Pass Out Troubleshooting Worksheet and Tweak Contract
- Complete Rough Draft of Entire Countermoves Checklist on Rules, Rewards, or Consequences
- Dress Rehearse Each Section and Rate Performance on Scale from 1-5
- If Parent Ready Bring Teen in and Role Play with Them if Not Extend to Another Phase IV Coaching Session

Optional:- PLL Coach Informs Parent Ahead of Time That They Will Have a Separate Phase IV Session With Just the Teenager and Possibly the Siblings to Develop Their Own Countermoves Checklist and Role Play With Them Individually.

Teens and Parents Together

- When the Teen Enters Room, Conduct Dress Rehearsals With the Contract or Playbook Beginning With Rewards First
- If Successful Give The Family One to Two Weeks off to Practice Contract If Not Ready Schedule Another Phase IV Coaching Session to Continue Dress Rehearsals Until Ready

Pre-session Preparation Between Phases III and IV

- Integrate Top Countermoves Checklist Into the Body of the Parent's Version Final Contract
- Type Out Final Teen Version Without Parent Countermoves or Just With The Teen's Countermoves
- Laminate Both Contracts
- Bind Everything Together (feedback loops, stress chart, contracts) Into A 3 Ring Notebook to Present to Them (optional)

Phase IV- Evaluate Progress, Relapse Prevention, and Next Action Steps (can be as early as coaching sessions #4 but more likely coaching #6 or #7)

Parents and Teens Together

- Pass Out Laminated Contracts or Binder as a Gift for Hard Work and Go Over it
- Scaling 0% to 100% Overall Contract or Playbook Effectiveness
- Use Mini-Scales to Consolidate Change
- Decide on These Options:
 - Option A- Graduate and Relapse Prevention (met criteria of in home, in school, and out of trouble with law)
 - Option B- Repeat Phases II, III, and IV with New Symptom
 - Option C- Extend and Tweak Existing Contract Because Have Not Met Graduation Criteria
 - Option D- Graduate AMA- (Against Medical Advice)
 - Option E- Move into Wound Work and Repeat Phases II, III, and IV and Negotiate Estimated Number of Sessions
- If Option A is Selected Move Into Creating Red Flags Checklist and then into Trivial Pursuit Game
- May Decide to Have Benchmark Meeting at this Session or at Another Meeting

Wound Therapy Coaching Session Outline

Step by Step Process to do Wound Work

Pre-Wound Work Session #1 (this session may only take 30 - 45 minutes)

Step 1: Assess for Healing that has already occurred

- Ask the key question to each person – “How much have your wounds healed as a result of the work you did to shrink the seed of Misuse of Power?” Use Percentage Scaling – “What % has the work on Misuse of Power healed the wound?” Follow up with questions – i.e. “Tell me more about that?” “How is that helping the wound?” - Then summarize the essence of what each person says has helped to heal the wound. (Option – put their percentages on flip chart with reasons why)
 - Ask these questions after completing the Core Coaching Phase #4 components (Assess contract, use mini scales to consolidate gains).
 - When you ask these questions, you will see the family look at each other and usually say that their wounds are better.

Step 2: Review With Family the Surgeon General Warnings for Wound Work. Ask family what they see as risks and troubleshoot how to overcome the risks

(Have a prop to illustrate the effects of getting rid of the poison from the wound – i.e. water bottle filled with poison, warning label on cigarette pack)

- Seed of drunk with power will likely re-erupt (problem/symptoms may recur and also undercurrents may recur)
- The wound work will be painful
- There will be no change in the problem symptom until they start using the new antibiotic or tools they will learn on a regular basis. This is normal.
- The research shows that on average it takes 30 days to change an old behavior. Therefore, while they may see some positive change immediately, the most noticeable changes will occur after 30 days.

Step 3: Negotiate 4 to 5 or More Sessions to Create the Wound or Primal Need Playbook

- This Playbook will be similar to their previous contract except there are no rewards or consequences. (show sample playbook)
- Instead, there will be step-by-step typed out instructions or a “play book” to show them how to heal the wound in the here and now. In

other words, it will tell them how to dance differently around the wound

Session #2: Clearly Identify the Sources of the Wound

Step 1: Identify the Origin of Client's Wound

- **Identify key things that have produced the wound to the heart**
 - **Label arrows to the heart**
 - **Each arrow is labeled with the particular source of the wound in the heart (i.e. past abuse, neglect, trauma, a death, etc.)**
 - **Get specific details on how each person was impacted by the wound (i.e. how did it change your lifestyle? Are there any secrets preventing the arrows from healing? Etc.)**
- **Connect Youth's Symptoms to the Wound or Primal Seed. (*Bring back seed/tree diagram from very first session*)**

Step 2: Identify Process Undercurrents that are Poisoning the System

- **Present each person with a copy of the Process Undercurrent Worksheet for Unhealed Wounds or Unmet Primal Needs (handout)**
- **Go through each Undercurrent to help the family identify which undercurrents exist**
 - **Don't go too fast – give them time to tell you (Unlike other seeds, the clients must pick out their top two undercurrents to focus on.)**
- **Ask each family member to circle the unhealthy undercurrents that exist in their family**
 - **Reasons to go public with the unhealthy undercurrents:**
 - **Eliminates secrecy**
 - **Allows for immediate homework assignment**
 - **Safe way for catharsis**
 - **Externalizes the problem with a name**
 - **Optional – show video clips to emphasize the process undercurrents as result of the wound**
 - **The Horse Whisperer – to illustrate the destructive power of trauma**
 - **The Prince of Tides – to illustrate the destructive power of Family Secrets**

- Ordinary People or Antwone Fisher – to illustrate unforgiveness or Grief
 - Etc.
- Circle the Healthy Undercurrents – using analogy of a blood transfusion

Step 3: **Negotiate Terms for Therapy**

- Tell family you can't tackle all the undercurrents at once – ask them where they want to focus first.
- Remind them that lack of forgiveness is a key poison to all the other undercurrents
- Tell the family that research shows it is better if the family comes up with the anti-venom themselves. (e.g. to be successful in healing wounds – the wounded family/person has to do much of the work)
 - Optional - Use metaphor of King Arthur and the Sword and the Stone – only the owner of the sword could pull it out. (only they can pull the poisonous arrows out of their heart)
- Tell family which undercurrent you think we should work on first and ask for their agreement
- Send clients away with homework assignment to research on the internet steps to healing the selected process undercurrent. (e.g. steps to forgiveness, grief work, etc.) Troubleshoot for any obstacles that might prevent them from doing their homework assignment
 - Optional – have a pre-prepared list of possible websites and/or books to get them started along with sample playbooks.

Pre-session Preparation for Session #3:

1. Therapist also looks up on Internet for interventions for process undercurrents
2. Draw out before and after feedback loops **AROUND THE WOUND UNDERCURRENT SELECTED** to utilize in Session Two. (After Feedback loops illustrate the positive cause and effect of the strategic intervention selected)
3. Produce a Mock Template of a Playbook around the wound, primal need, and undercurrent(s) selected. Bring it with you to the session.

Playbook for Grief: Honoring Grandmother's Memory

Who:
Culley, Mom, Dad, Haley, and Keenan

What:

- Culley and Dad will research what kind of memorial ideas for Grandmother- Can get jump started with this website- <http://www.articlesnatch.com/Article/Non-traditional-Ways-To-Honor-A-Lost-Loved-One/628798>
- Culley and Dad will present these to family
- Culley is in charge with mom of organizing project

When:
??

Where:
At home and with Dr. Sells

How:
To yet to be determined

Session #3: Create the Raw Material for the Wound Handbook

Step 1: Present the Feedback Loops illustrating the Positive Cause and Effect of the Strategic Intervention Selected

- Review with client how injecting the healthy undercurrent (as seen on the after feedback loop) brings healing to the seed of the unhealed wound
 - For example, when the healthy undercurrent of “revealing secrets” is introduced by the therapist to counteract the unhealthy undercurrent of “family secrets”, the “unhealed wound” seed is healed and so are the surface problem symptoms (suicide ideation, depression, etc.).
 - In turn, this change in undercurrents leads to “root work”. Long after treatment ends there is no relapse of symptoms because the unhealthy undercurrents governing the problem behavior have been permanently altered



Step 2: List All the Possible Strategies or Techniques

- Review all strategic interventions brought into the session by the client/family and therapist (in a book report format)
- Commend each person who did their homework and brought in their list of strategic interventions and/or information on the pre-selected undercurrents
- Negotiate with the client/family for the 1 or 2 interventions that are going to “give them the best bang for their buck”

Step 3: Create Your First Wound or Primal Seed Playbook

- Help the family determine the Who, What, When, Where, and How** as they relate to the selected interventions in step two (Write the following components on a large flip chart so that the client/family can visually see their progress) *Show a sample Playbook to jump start the family*

** CAN ALSO JUST CLARIFY ROLES

- **Who = Identify the key players to be involved in the wound work (intervention)**
- **What = Identify the key interventions/strategies selected to fix the process undercurrents**
- **When = Determine when the interventions will be done**
- **Where = Determine where the interventions will be done**
- **How = Determine how it will be done and clarify roles**

Pre-session Preparation for Session #4:

1. Type out playbook and laminate it
2. Pre-determine most likely “what will you do if scenarios” and place them on a countermoves checklist template- Bring with you to session and reproduce on flip chart

Unhealed Wounds: What will you do if? Derailing Moves Cheat Sheet

<p style="text-align: center;">Classic Moves What will you do if? around Unresolved Grief</p>	<p style="text-align: center;">Countermeasures Actions or Statements</p>
<ul style="list-style-type: none"> ▪ You want to talk about the person who died and your child says “No!” ▪ Behavior problems get worse as result of discussing the grief wound ▪ Youth backs out of planned ritual ▪ Something Else... 	<ul style="list-style-type: none"> <input type="checkbox"/> (a) Apologize to child for trying to talk too soon and instead suggest, “Let’s do something to honor the person”- activity that you do to dedicate to the person or make a collage or scrap book, (b) Funniest or best memory –leave for whole week and then read it over his favorite meal; (c) Find out if you can “why” youth doesn’t want to talk (d) Make An Appointment to Talk Later; (e) A note of what you want to say with questions that can be answered <input type="checkbox"/> (a) Normalize and don’t take it personal; (b) Proactively prepare for it; (c) Bring in Designated Grief Coach; (d) (paradox) Work out time each day or on weekends for youth to act out and misbehave to get hurt out of system; (e) Sublimation-Take hurt and help others less fortunate (Homeless Shelter, Habitat for Humanity, Nursing Home, etc.); (f) Hold accountable & weather the storm <input type="checkbox"/> (a) Do it anyway and leave a note for youth to fill in to tell loved one you apologize for not making it; (b) Do it later; (c) Just come, don’t have to say anything <input type="checkbox"/>
<p style="text-align: center;">Classic Moves What will you do if? around Forgiveness</p>	<p style="text-align: center;">Countermeasures Actions or Statements</p>

<ul style="list-style-type: none"> ▪ You apologize and youth refuses to accept it or says they don't believe you ▪ Youth Accepts Apology But Does Not Change Misbehavior ▪ Something Else.... 	<ul style="list-style-type: none"> ❑ (a) Cannot Take it Personally b/c Youth is Not Ready to Trust Yet, (b) Get with Coach and Make a Multiple Choice Checklist of "Actions Speak Louder than Words" And Slide Under Door For Youth to Check Off; (c) Document Forgiveness Actions With Coach and Then Apologize Again ❑ (a) Maintain Unconditional Love While Being Consistent With the Rules to Demonstrate the Separation of Youth From Misbehavior Concept to Build Trust; (b) Normalize and Prepare for It; (c) Reframe- Youth Accepted Apology but Still Has Poison And Needs An Increase of Nurturance So They Can Trust that You Will Not Abandon Them- Get With Coach to Determine Nurturance Steps; (D) Begin a "Dare to Love" Campaign Framework for the Next 30 days ❑
<p>Classic Moves What will you do if? around Revealing Secrets</p>	<p>Countermeasures Actions or Statements</p>
<ul style="list-style-type: none"> ▪ Youth Retaliates or Runs Away ▪ Youth Refuses to Talk About "Secret" Traumatic Event 	<ul style="list-style-type: none"> ❑ (a) Normalize and Prepare for It; (b) Assure His/Her Safety And Convey Message Not Your Fault; (c) Show Good Will Hunting "Not Your Fault" scene with Coach present; (d) Put Safety Accountability Plan in Place With Coach With "Pledge to Protect" ❑ (a) Adult pledges to youth that event will only be discussed for a specific time and at a specific safe place; (b) Write it or Draw it Out and Then Burn It And if Needed Write it until you get it out
<p>Classic Moves What will you do if? around Nurturance</p>	<p>Countermeasures Actions or Statements</p>
<ul style="list-style-type: none"> ▪ Plan Special Outings and Then Youth Refuses ▪ Youth Refuses to Accept Hug ▪ Refuses Positive Teen Report ▪ Something Else... 	<ul style="list-style-type: none"> ❑ (a) Don't Take No For an Answer; (b) Offer a Bribe Because Needs to Experience Success; (c) Reschedule and Keep Going Next Week ❑ (a) Side Hug or Pat But Do Not Quit; (b) Do an "I Hug You" Note Hug With Praise for a Couple of Days and Try Again; (c) Toss a Ball in the Back Yard; (d) Special Outing substitute and try again (e) Reframe Hug Muscles Are Sore and Out of Practice. ❑ See Page 62 of Survival Kit ❑

Session #4: Countermoves Checklist and Dress Rehearsal

Step 1: Meet with adults without youth present to co-create “What will you do if?” Countermoves Checklist – See template example above

Step 2: Dress Rehearsal with Each “What will you do if?” scenario

- Rate Performance On a scale of 1 to 5

Step 3: If more than 45 minutes left in session see youth alone and go over the “what will I do if?” scenarios and get their suggestions and tweak it or do some dress rehearsals if applicable

- If applicable come up with youth’s “what if?” scenarios

IF NOT 45 MINUTES LEFT END SESSION AND PICK THIS UP AT THE BEGINNING OF THE NEXT SESSION!

Step 4: Make sure to emphasize Key Members Must be Present for next session

Pre-session Preparation for Session #5:

1. Type out Countermoves Checklist and laminate it playbook
2. Make sure key villagers are present

Session #5: Implementation of Wound or Primal Need Playbook

Step 1a- Enactment with PLL Coach Present

- **IF RAN OUT OF TIME LAST SESSION BEGIN WITH YOUTH ALONE TO DEVELOP COUNTERMOVES OR FINISH UP WHAT WAS BEGUN LAST SESSION**
- If direct coaching needed, have all parties present and perform enactments right in the session (talking about grief, revealing secrets, practicing hugs, an apology, etc)

Step 1b- Home Ritual with or without PLL Coach Present

- If home ritual prescribed (special outings, going to gravesite, etc.) either go to the home or call to monitor the success/outcome of the ritual

Session #6: Consolidate Gains, Red Flags, and Callbacks

Step 1: On the flip chart, write everyone’s assessment of the effectiveness of the

Playbook on a scale of 0% meaning it has brought no healing and 100% meaning that healing has occurred.

Step 2: Ask how come the # is not lower...ask for at least three things that each person is doing right to help the wound or unmet primal need heal as well as they say it is healing and write in form of a laundry list (If they can't answer, go to another person to answer for them or start throwing out suggestions)

Step 3: Use mini scales of 1-5 (1 meaning the worst it could be and 5 meaning the best it could be) to help each person identify where they were before PLL and then after PLL on each of the three things they are now doing right to bring healing to their wound or unmet primal need.

- Write these ratings on the flip chart next to each thing they are now doing right

Step 4: Go back to each person and ask what they need to do to raise their overall rating of their healing on the scale of 0% to 100%. Write down each idea.

Step 5: Revisit the Red Flags Checklist created after the Core Four Phases and add any new red flags from the wound work that are needed

Step 6: Make sure that a second Playbook is not needed

Step 7: Plan the Skills Seek Game to generalize their skills (if not already done)

Step 8: Schedule their first 30-day callback and close case

Process Undercurrent Worksheet for “Unhealed Wounds” Seed	
Unhealthy Undercurrents	Opposite Healthy Undercurrents-(In Bold)
<p><input type="checkbox"/> Unresolved Grief or Loss- (This occurs when the adult or child has failed to (a) have closure or say good-bye; (b) embrace support and instead isolates or withdraws; (c) talk about the grief or go through the stages of death and dying)</p>	<p>Grief Education and Resolution- (Most people do not have a handbook on how to grieve in a healthy manner. Therefore, grief education is a must as well as specific ways to gain closure and support)</p>
<p><input type="checkbox"/> Betrayal or Abandonment- (Adult or child experiences a sudden and often times unexpected betrayal from a loved one or sudden abandonment such as a divorce or blown foster care placement)</p>	<p>Security, Forgiveness, Unconditional Love (Person who was betrayed or abandoned is able to forgive that person. The abandoned child or adult finds security and/or experiences unconditional love)</p>
<p><input type="checkbox"/> Family Secrets- (Following a traumatic event the individual, couple, or family is told or coerced into keeping the event a secret such as sexual or physical abuse.)</p>	<p>Reveal Secrets/Safety- (Secrets are talked about and revealed and the person feels safe to do so).</p>
<p><input type="checkbox"/> Physical or Mental Abuse- (Adult or child experiences days, months, or years of physical or mental abuse. It can be a onetime event such as rape or sexual abuse or last months or years such as domestic violence or mental abuse)</p>	<p>Support, Courage to Leave, Forgive- (Person who is abused now receives the necessary support or is no longer isolated. They may also need to find the courage and necessary resources to leave and also be able to forgive themselves or others)</p>
<p><input type="checkbox"/> Lack of Forgiveness/Bitterness- (Adult or child experiences a traumatic event such as a divorce or an emotional hurt or betrayal by another person that they cannot forgive)</p>	<p>Forgiveness- (Person is able to forgive the person or the event whether they are currently living or dead)</p>
<p><input type="checkbox"/> Lack of Consistent Nurturance- (Severe lack of good physical touch, special outings, or restoring good feelings after a fight over time begins to cause bitterness or resentment which can lead to retaliation and deep wounds)</p>	<p>Unconditional Love, Consistent Nurturance- (Unconditional acts of nurturance regardless of how a person treats you unless severe abuse or neglect. Consistency in areas of good physical touch, special outings, or restoring good feelings after a fight)</p>
<p><input type="checkbox"/> High Anxiety- (Unlike the previous six undercurrents high anxiety or even panic attacks do not typically cause unhealed wounds but are a by-product of it. The adult or child with such high anxiety typically cannot rest their minds, sleep, or function day to day)</p>	<p>Safety or Security- (The adult or child are made to feel safe or secure through support or consistent structure. The village is often mobilized to help fill in this missing safety or security. If the person self-mutilates or is suicidal a safety plan is initiated)</p>